

## PORTABLE EXERCISE APPARATUS

### ABSTRACT

A portable exercise apparatus includes a hollow central bar member and telescopic end portions operably insertable therein. Such telescopic end portions allow the central bar member to be securely engaged between a pair of vertical members. A plurality of spring members are disposed within the hollow portion of the central bar member and provide resistive force for assisting to maintain the telescopic end portions at stable positions during operating conditions. The central bar member further includes a plurality of apertures spaced along an outer surface thereof and for receiving a plurality of fastening members therethrough so that a plurality of handle members can be selectively positioned along the length of the central bar member. The handle members preferably have first and second portions integral with each other wherein the first portion extends substantially perpendicular from the central bar member and the second portion extends obliquely from the first portion.